



# Healthy Habits

- Eat meals together often.
  - Eating meals as a family has been shown to have positive effects on mental and health status.
  - If dinnertime does not work, try sitting down to breakfast as a family.
- Include kids when cooking and choosing recipes, they will be more likely to try new foods.
- Limit sugary beverages. Try water infused with fruit instead.
  - Sodas and energy drinks have lots of sugar but little nutrients
  - Water is the best way to stay hydrated
- Increase your fruit and vegetable intake. Half of your plate should be fruits and vegetables, aim for 5 or more servings each day.
  - Add fruits and vegetables in smoothies as an easy way to meet your daily needs.



## Breakfast Smoothie:

**1 cup strawberries**

**1 cup spinach**

**1/2c plain yogurt**

**1T chia seeds**

**1T almond butter**

**1 cup ice**

**Water (amount various based on preference)**

**Blend ingredients together and enjoy!**



## Additional Resources:

[www.myplate.gov](http://www.myplate.gov)

The USDA's website with interactive tools to determine what your nutrition needs are based on age, gender, size, and activity level. There are many great resources on this site.

<https://jillcastle.com/blog/>

Jill Castle is a child nutrition expert with lots of experience feeding families. She has free resources as well as some courses that are great to help parents learn how to feed their children.

<https://www.eatright.org/for-parents>

The Academy of Nutrition and Dietetics, the best source for evidence-based nutrition information has an excellent section geared towards parents.